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THE GIRL VERSION. THE BIEBS  
TWEETS A VID OF MADISON  
BEER, AND OFF SHE GOES  
ON THE FAST-TRACK TO FAME

PAGE 20



## Filthy rich are getting richer ... yay

Affluent say they've bounced  
back from '08 crash

PAGE 14



## GAME DAY!

Flames fan Patrick Nelson is holding on to hope as the team begins its season with a fresh set of young guns. The hometown club faces off against the Washington Capitals to open the season, and fans are cautiously excited about the team's prospects with the younger players. GLENN KELLY/FOR METRO

# CBE hosted second pricey party for retiring executive

**'Time of fiscal restraint.'**  
100 guests attended  
golf course function for  
35-year member



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Calgary's public school board spent thousands on a second celebration for a retiring superintendent, even with knowledge that a tough provincial budget would force cuts in the classroom.

The function, held at Earl Grey Golf Club sometime after the March 7 provincial budget release and before the end of April, was attended by 100 people and cost at least \$2,500. Metro has learned exclusively.

It comes after a previously reported March 8 dinner at-

tended by Calgary Board of Education superintendents at Il Sogno restaurant that racked up a \$1,476 bill.

Both events were hosted to recognize the 35-year-career of Deborah Lewis, whose final post was as the board's superintendent of learning.

The Earl Grey function also came after a March 8 internal email from Chief superintendent Naomi Johnson in which she stated the board's funding allocation from the province, announced the day prior, would make it "impossible" to pass a balanced budget "without affecting students in the classroom."

A few months later, the CBE approved an 11 per cent cut to per-student funding at the high school level.

Scott Hennig, vice-president of communication for the Canadian Taxpayers Federation, said learning of a second event further sup-

ported a need for the board to review its spending practices.

"Look, (if) there's someone who's given a lot of time and effort, you can buy them a plaque and put on an event for them," he said. "But that doesn't mean everyone and their dog should get a free meal out of this, particularly at the time when you're looking to cut budgets."

On Tuesday, Johnson confirmed the second party for Lewis, but said she didn't plan it. She could not recall the date of the event nor the price tag, but said it was attended by some current CBE staff as well as retirees.

"It was a cash bar ... and it was hors d'oeuvres, no dinner," Johnson said, adding, "In this time of fiscal restraint, it's very challenging to recognize our valued employees, who have made 35 years worth of service and commitment to the public."

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## LRT. Build now, pay later: Maxim

Calgary should borrow money to undertake the southeast and north-central LRT extensions right away, according to one Ward 11 candidate, but the area incumbent calls the idea unrealistic and irresponsible.

"Why is it we can't be bold and brave and view this LRT as a major project — like a mortgage, like a house — and create the financial means?" James Maxim said Wednesday.

"Why not get the lowest interest rates possible, come up with a unique way of financing it and how we can get it in place?" he added. "And then let's build it and pay for it over a period of time."

Incumbent Brian Pincott described the proposal as bizarre for a candidate who describes himself as a "fiscal conservative."

"It is a fascinating approach, to more than double the debt which, by the way, is illegal," Pincott said, noting the projects would total in the billions of dollars. "We have debt limits, so we can't borrow that much money."

Ward 11 candidate Wayne Frisch also described the idea as unrealistic and suggested Maxim was simply "trying to buy votes."

But Maxim said expanded LRT would relieve increasingly congested roads and he wants to spur discussion about doing it sooner rather than later.

"I'm going to be pushing these ideas in a very bold and forceful manner, because this is the time to think about it," he said.

ROBSON FLETCHER/METRO



Clockwise from top left: Bernie Dowhan, Joe Magliocca, Shawn Ripley and Terry Wong. ROBSON FLETCHER/METRO

# Ward 2 candidates set themselves apart

**One no-show.** Four contenders duked it out, while the fifth rival did not show up



ROBSON FLETCHER  
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To hear Ward 2 candidates tell it, the race is between a fiscal conservative, a progressive in favour of smart growth, a Nenshi ally with inside knowledge of city hall, and an independent local who listens.

That's the way four of the five candidates (the ones who showed up for a Civic Camp forum Wednesday night) positioned themselves in one of the open wards with no incumbent.

Joe Magliocca staked out the anti-tax ground, saying he opposed the city's decision to devote \$52 million in unclaimed provincial "tax room" this year to flood mitigation.

"The first thing I would've done is give it back to the people," he said.

In response, Shawn Ripley said many candidates have promised to cut taxes in the past and failed to do so because they had no coherent plan.

"It simply doesn't happen without taking an intelligent approach first," Ripley said, adding that he would focus on "smart growth" and efficiently

providing services citizens want most from their tax dollars.

Terry Wong, who has worked as a manager with the City of Calgary for 18 years, said his focus would be on ending the tendency for city staff to force their views on citizens.

"My first priority when I get in there is to stop having the tail wag the dog," Wong said, adding he is a supporter of Mayor Naheed Nenshi's "3 Things for Calgary" initiative.

Bernie Dowhan, meanwhile, said he'd be the best advocate for Ward 2, as he actually lives in the ward (unlike Wong and Ripley) and he's an independent voice, not beholden to other donors or

financial interests.

The latter was a not-too-subtly veiled shot at Magliocca, who has yet to publish his list of campaign donors, like the majority of candidates across the city.

Magliocca said he disagreed with the disclosure laws and suggested only donations of \$2,000 and above should be published.

"For somebody who gives \$100 to a candidate, then they have to have their name smeared all over the Internet, I think that's pointless," he said, adding that he would, nonetheless, publish his donor list "in the next few days."

"Make it public tomorrow," Dowhan retorted. "It's not that hard."

1 NEWS

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# Students deserve PATs on the back



Cathy Faber, superintendent for learning innovation with the Calgary Board of Education, goes over results of provincial achievement tests Wednesday. JEREMY NOLAIS/METRO

## New exam model.

Year-end testing being phased out for younger learners



JEREMY NOLAIS

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Calgary students outperformed their peers across Alberta in most subjects on provincial achievement tests this year, officials with the public and Catholic boards revealed Wednesday.

But executives were also quick to admit the data generated from this year's round of testing was incomplete, given that many tests were cancelled in the wake of June's historic flood.

As well, the province has already made it clear it's moving away from year-end testing for students in grades 3, 6 and 9, instead offering a digital "student learning assessment" in September.

Calgary Board of Education Chief Supt. Naomi Johnson

said comparing data from the achievement tests currently used to the new assessments would be like "comparing apples to oranges."

"We are in a big state of flux, if you will, in Alberta around the Education Act, around curriculum, around assessment, et cetera," she said.

CBE students in grades 3 and 6 managed to get all of their testing in ahead of the flood, but Grade 9 students only completed French language arts.

In seven out of the nine areas in which testing was completed, public-school learners performed better than the acceptable standard and also topped the standard of excellence in seven subjects.

One particular area of strength was English- and French-language arts, in which 86.8 and 93 per cent of students writing the test reached the acceptable standard.

As for CBE Grade 12 diplomas, six were completed prior to the flood and students equalled or exceeded the ac-

## CCSD

### Catholic school test results:

- The Calgary Catholic School District also outperformed provincial averages by 2.4 per cent at the acceptable standard and 3.3 per cent at the standard of excellence.
- "This year's provincial test results were excellent and we're proud of our students and staff for the hard work that went into achieving such great outcomes," said Catholic Chief Supt. Gary Strother in a statement.

ceptable and excellence standards in all.

Cathy Faber, the board's superintendent for learning innovation, said even results of those tests with smaller samples of students writing as a result of the flood showed promise.

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## Police chief's push for DNA tests upon arrest sparks civil-rights debate

The age-old debate of civil rights versus public safety erupted Wednesday when police Chief Rick Hanson declared he wants suspected criminals to provide DNA samples upon arrest instead of upon conviction.

Lawyer Linda McKay-Panos cautioned making such a change could prompt police officers to make more arrests without reasonable or justifiable cause.

"It's sort of a fishing expedition," said McKay-Panos of the Civil Liberties Research Centre. "You're plunking their DNA in a database and seeing if it pops up anything."

Hanson, on the other hand, rejected potential privacy concerns.

The police chief compared

## Concern

"It's sort of a fishing expedition."

Lawyer Linda McKay-Panos, on police Chief Rick Hanson's proposal to take DNA samples upon arrest



Police Chief Rick Hanson is calling on the federal government to allow cops to be able to swab criminal suspects for DNA upon arrest. BRYAN WEISMILLER/METRO

introducing DNA sampling to the addition of fingerprinting and photographing techniques some 80 years ago.

"It would be new to Canada," he told reporters at the unveiling of a new Calgary Police Service forensic gun lab. "It wouldn't be new to policing."

"There are places in Europe that already allow for that."

The Alberta Federation of Police Associations has also lobbied federal MPs to make a similar change.

BRYAN WEISMILLER/METRO

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## Work yet to be done. Southeast ring-road opening still in limbo

Alberta Transportation is still awaiting final safety submissions from the contractor behind Calgary's southeast ring-road leg and is maintaining it will be a few weeks before the major traffic network opens.

Contractor Chinook Roads Partnership had suggested Monday it would take two to three more days to complete work on the road, but maintained Alberta Transportation would make the final call on an opening date.

The three-year project was supposed to be formally unveiled Tuesday. It adds 25 kilometres of roadway along Calgary's eastern outskirts as well as interchanges, flyovers and additional work on roadway off Deerfoot Trail from Stoney Trail SE to the Highway 2A Junction.

But Dale Woodroffe, Chinook Roads chief executive, conceded Wednesday some overlay work is still required in certain areas, and guardrails and other safety measures were still being installed.

Woodroffe added, however:

### Penalty

Chinook Roads is to be charged an estimated \$75,000 per day the project is delayed, but Woodroffe has said his organization would be "negotiating" that penalty with the province, despite the fact it's spelled out in the project contract.

"We could probably open just about all of it now."

Parker Hogan, spokesperson for Alberta Transportation, said Wednesday the timeline for opening the network of one to two weeks offered by Minister Ric McIver over the weekend was still probably the best guess.

"We're still a while away," Hogan added. "We still haven't got all the details from the partnership and then traffic safety audits and all of that piece has to be done."

JEREMY NOLAIS/METRO

# Nenshi agrees to 'Ask Me Anything' Q & A on Reddit



Incumbent mayoral candidate Naheed Nenshi, seen here doing an "old-fashioned" media interview, will take questions live at reddit.com/r/Calgary next Wednesday.  
METRO FILE

**A first for any council candidate.** Incumbent mayor to take queries from 5 to 6 p.m. Oct. 10



ROBSON FLETCHER  
robson.fletcher@metronews.ca

Numerous mayoral candidates will take part in a traditional public forum next week, but incumbent Naheed Nenshi will also take part in an online forum that political strategists say could have as much impact — or more.

Nenshi's campaign team confirmed Wednesday he will do an "Ask Me Anything" (AMA) on Reddit, the popular user-driven website that bills itself as "the front page of the Internet" and has an active local forum, or subreddit, devoted to Calgary.

"Reddit is a community, and communities are everything,"

said political strategist Stephen Carter, who played a key role in Nenshi's 2010 campaign and Premier Alison Redford's 2012 campaign.

Joey Oberhoffner of CalgaryPolitics.com said face-to-face communication remains "king of the castle" for councillor campaigns, but mayoral candidates need to reach wider audiences, and, for that, "two-way" interaction with voters through various media is increasingly important.

"It's a little bit surprising that we don't see more people doing that," he said.

The AMA format is essentially a free-for-all in which users post any questions they like and the people answering respond as they see fit.

The Reddit approach, however, is to "supply good content that is honest, factual and punctual," said Vincent St. Pierre, a moderator of the Calgary subreddit, and AMA participants are expected to abide by proper "reddiquette."

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The Flames open their season tonight in Washington, with young players like forward Sven Baertschi looking to have an impact. THE CANADIAN PRESS FILE

# Young Flames have fans anxious

**Season opener.**  
Calgary faithful hope for bright points in year of rebuilding

GLENN KELLY  
calgary@metronews.ca

As a new era of young guns get set to take the ice to start the NHL season, fans anxiously

wait to see whether the decision to begin the team's rebuilding process will pay off.

The Calgary Flames come off a decent pre-season, and many of the club's top young prospects will be on the opening night roster.

Fans have been watching intently as players like Sean Monahan and Sven Baertschi could become regulars, and that has some fans excited about the team's chances.

Still, many who have felt the bumps and bruises from last year are being more cautious.

"Every team tries to bring up the youth and to really develop them into good players. Coaching becomes an important part of that, as well as mentorship from the senior players," says Flames fan Patrick Nelson.

With the symbolic post-flood renovation of the 'Dome

in step with the team's effort to pick up the pieces of what some viewed as a "last straw" season, fans like Nelson are hopeful for some inspiration in 2013-14.

"You just never know, all I can do is (hashtag) believe and just hope for the best," he said.

The Flames start their regular season tonight when the team travels to Washington to take on Alexander Ovechkin and the Capitals.

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## Primate perks. Employees punished for letting gorillas into zoo kitchen

The Calgary Zoo disciplined two employees this week but stopped short of firing them for leaving a door open and allowing several gorillas into a kitchen area — the second such incident this year.

"There was disciplinary action for the two people involved, but just because of the confidentiality of those two individuals, I can't go into the details," Calgary Zoo spokesman Lindsey Galloway said Wednesday. "They are still zoo employees."

No humans or animals were hurt in the Sunday-afternoon incident, according to the zoo.

In March, zookeeper Garth Irvine was injured in a confrontation with a male gorilla after it and three females made their way into the same kitchen area adjacent to the animals' enclosure.

Irvine was later fired for leaving a door unlatched. "Given this is the second incident of human error in the last six months involving gorillas getting into the kitchen, we're asking ourselves prob-



A gorilla in its enclosure at the Calgary Zoo. METRO FILE

ably the same question that Calgarians are asking themselves, which is: Is there more that can be done?" Galloway said.

"We're looking at additional safety protocols, practices, ideas that can mitigate the situation," he added, "because we don't want it to happen again."

ROBSON FLETCHER/METRO

### Taking action

### Calgary cabbies walk off job at airport — again

Dozens of cab drivers parked their cars and refused to take passengers for hours at Calgary International Airport on Wednesday.

It was the second job action taken by drivers with Associated Cab in a little more than a month's time, and stemmed from the temporary firing of driver Harji Kalkat, according to driver spokesperson Rupinder Gill.

"He was speaking out," Gill said. "But every time somebody says something, he (Associated Cab president

Roger Richard) tries to bully them."

Drivers striking in August claimed they would not return to work until the sole-service contract between Associated and the airport was abolished.

But they returned to work late in the afternoon that day on the promise of further talks with Associated and airport management.

Drivers have claimed the contract hurts driver earnings and customer service. They also took issue with a bathroom created at the airport that they claim to be in deplorable condition.

Associated has said it will not revisit the airport contract until it expires in three years.

JEREMY NOLAIS/METRO



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## Somalia. Calgarian arrested after four young sons beheaded

A 60-year-old Canadian has been arrested in Somalia, accused of beheading his four sons with a knife.

Local press reported that police in the central city of Beledweyne arrested Omar Hassan Sunday evening after his four young children — Yahye, 7, twins Idiris and Sakariye, 6, and Yonis, 3 — were found dead.

"He has taken my blood!" wailed the boys' mother Qadro Addawe, reached by telephone in Mogadishu. "I don't have anything. I lost my children and I don't have anyone to help me now."

Addawe, 29, said Hassan spent 30 years driving a taxi in Calgary, and she married him in 2005 in the hope of having a better life. "He's a (Canadian) citizen," she said.

Addawe said they were married in Ethiopia and then moved to Kenya, where they had their first boy. They went next to Uganda, where the twins were born, and then

moved back to Somalia, where they had their last child in 2010.

Once established in Beledweyne, Hassan started threatening Addawe and the boys, she said. Shortly afterward, she fell ill and was forced to leave her sons in the care of a relative while she made the long journey to Mogadishu so she could receive proper treatment in a hospital.

Around this same time, Hassan stopped supporting her financially, she said.

She received a call from the Beledweyne police at 8:30 a.m. Monday, telling her about the murders and the arrest.

"I have been his wife for eight years. I know his character," she said. "His problem, I don't understand. This man is crazy."

"He said he wanted to attack me. I prayed to Allah ... now he's killed them."

TORSTAR NEWS SERVICE

## Oilsands. Judge quashes Alberta's decision to bar activists from hearing

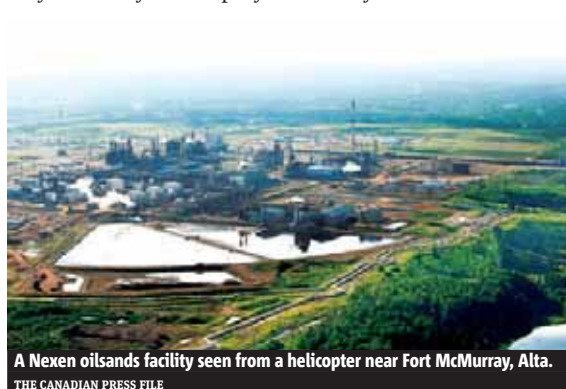
A judge has quashed Alberta's decision to not allow environmental groups to take part in hearings on a proposed oilsands project.

The Oilsands Environmental Coalition went to court last month to challenge Alberta Environment's ruling involving an oilsands mine proposed by Southern Pacific Resource Corp. The province said coalition members were not directly affected by the company's

plan to build the project on the banks of the MacKay River in northeastern Alberta.

A government briefing note entered as evidence also suggested the coalition was being targeted for publishing negative media about the oilsands.

Justice Richard Marceau of Court of Queen's Bench called the government's actions "tainted" and "biased" in his written judgment released Tuesday. **THE CANADIAN PRESS**



A Nexen oilsands facility seen from a helicopter near Fort McMurray, Alta.  
THE CANADIAN PRESS FILE

## 'Two sides.' Chief backs officer involved in police dog attack on senior

Calgary's top cop is siding with an officer who used a police dog to take down an elderly man.

Police Chief Rick Hanson said there are "two sides" to the incident involving the senior and a police canine unit.

The senior recently called 911 to report someone was hawking fake jewelry near his house. The situation turned upside-

down when the civilian suggested he could detain the suspect at gunpoint until police came.

Officers later used a police dog to subdue the man when he refused to get out of his truck in a church parking lot.

"Oh, sure, the handler is still at work," Hanson told reporters Wednesday.

"Absolutely, absolutely."

BRYAN WEISMILLER/METRO

### Lloydminster

## Schools in lockdown as RCMP look for missing sex offender

Public schools in Lloydminster on the Alberta-Saskatchewan boundary are in lockdown because a potentially violent high-risk sex offender is on the loose.

Michael Diachuk, director of education with the

Lloydminster Public School

Division, says doors are locked and students are being kept inside following a warning from the RCMP.

Mounties said Tuesday that an Edmonton man's electronic monitoring bracelet was found on the roof of a business in Lloydminster — it had been cut off.

Michael Sean Stanley has a long history of sex offences, including taking children from playgrounds.

THE CANADIAN PRESS



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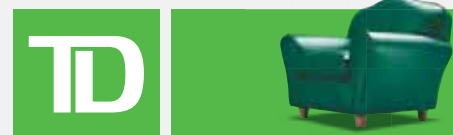
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# Berlusconi does 180, Letta still on top

**Italian politics.** Support ensures government's survival, Senate votes to back premier 235-70

Silvio Berlusconi made a stunning about-face Wednesday and threw his support behind the government of Premier Enrico Letta in a confidence

vote, acknowledging defeat on the Senate floor after defections in his party robbed him of the backing he needed to bring down the government.

Berlusconi's support ensured the survival — for now — of Letta's five-month-old left-right coalition. But it signalled that the 77-year-old billionaire's once unchallenged authority over Italy's centre-right has wobbled as his judi-

cial woes catch up with him.

It was a major setback for Berlusconi, who over the weekend had demanded his five Cabinet ministers quit the government and bring it down, incensed at a vote planned Friday that could strip him of his Senate seat following his tax-fraud conviction and four-year prison sentence.

But in a remarkable challenge to Berlusconi's author-

ity, several allies balked and said they would instead support Letta's hybrid coalition to push ahead with necessary economic and political measures. The unusual show of defiance could signal that Berlusconi's influence has seriously eroded after two decades leading Italy's centre-right and being the main protagonist in Italy's political scene.

THE ASSOCIATED PRESS



Silvio Berlusconi listens to Italian Premier Enrico Letta delivering his speech at the Senate in Rome on Wednesday. GREGORIO BORGIA/THE ASSOCIATED PRESS

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#### China

### Death toll mounts in hornet attacks

The death toll from a rare spate of hornet attacks in central China has reached 41 people, the Shaanxi provincial government said Wednesday. The attacks had plagued not only the city of Ankang, where 19 died, but had killed 22 others in two adjacent cities.

THE ASSOCIATED PRESS

#### Nude pics of exes

### California bans 'revenge porn'

California Gov. Jerry Brown on Tuesday signed a bill outlawing so-called "revenge porn" for people who post naked photos of their exes after bitter breakups. The law, which takes effect immediately, carries a penalty of up to six months in jail and a \$1,000 US fine.

THE ASSOCIATED PRESS

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Greenpeace International activist Sini Saarela of Finland stands in a cage at the Leninsky District Court in Murmansk, Russia, Sunday. Greenpeace said Wednesday Saarela was among the activists who have been charged with piracy by Russia after protesting at a Russian Arctic oil platform. GREENPEACE/THE ASSOCIATED PRESS FILE

## 14 Greenpeace activists charged with piracy

Greenpeace says that 14 of its activists who were detained after protesting at a Russian oil platform have been charged with piracy, a crime punishable by up to 15 years in prison.

The activists from Argentina, Brazil, Britain, Finland, the Netherlands, Poland, Russia and Sweden were among 30 people who were on board the Greenpeace ship that was

seized by the Russian Coast Guard following the Sept. 18 protest.

Two of the activists had tried to scale an offshore platform owned by Russian energy giant Gazprom to call attention to the environmental risks of drilling in Arctic waters.

Greenpeace says more activists, including two Canadians, were

expected to be formally charged on Thursday and Friday.

Paul Ruzycski of Port Colborne, Ont., was serving as the ship's chief mate and Montrealer Alexandre Paul was also on board.

All 30 are being held in jails in Murmansk, a port above the Arctic Circle.

THE ASSOCIATED PRESS/WITH FILES FROM THE CANADIAN PRESS

### Global arms trade

#### Gun lobby warns Ottawa against signing UN treaty

Canada's recreational firearms lobby is telling the Harper government to avoid signing a landmark UN arms-trade treaty, arguing it could lead to an insidious return of the federal long-gun registry.

That's the message Canada's National Firearms Association and the Canadian Shooting Sports Association are delivering to Foreign Affairs Minister John Baird.

THE CANADIAN PRESS

### Kenya

#### Official believes only 4 took part in mall attack

Closed circuit television footage from a Nairobi mall attacked by terrorists last month shows four men carrying automatic weapons, a top government official said Wednesday, an indication there may not have been as many attackers as government officials first said.

THE ASSOCIATED PRESS



## Riot police clash with protesters in Ukraine

A Ukrainian riot police officer clashes with opposition activists in Kyiv, Ukraine, Wednesday during a protest rally demanding a re-election of the city council. About 200 opposition demonstrators gathered outside the Kyiv city hall to protest a court ruling extending the authority of the current city legislature. SERGEI CHUZAVKOV/THE ASSOCIATED PRESS

# USED CARS TO BE SOLD FOR \$1

Carl Holst, Sales Manager of Stampede Toyota, just announced plans to hold a One dollar used car and truck sales event Taking Place, for one day only, Saturday October 5, 2013. According to Mr. Holst record sales from the last few months have resulted in an overstock of trade-ins. "In the last three months our sales have increased at a tremendous rate", Holst said. "Now, we must reduce the number of cars and trucks on our used lot to a more manageable number. During this One dollar sale every used car and truck will be sold for hundreds or thousands below its original price." Mr. Holst said. "In fact, cars that normally sell for five to eight thousand dollars will be sold for three to five thousand," Mr. Holst said. "Our customers will find these prices even lower than at wholesale auctions."

Auction bidding often inflates the true value of a car so you pay more. Here every car is on sale, first come first served and no bidding. It's the perfect opportunity to get a good quality used

car at the lowest price possible, including cars for only One dollar. **All cars will be on display at Stampede Toyota on Barlow Trail, 2 blocks North of the Trans Canada**

**Calgary's largest Toyota certified used vehicle dealer is overstocked and is forced to sell used cars and trucks for as low as \$1, Saturday October 5, 2013 during a one-day sale event.**

**Highway.** At 8:00 am all vehicles will be opened so that buyers may inspect the vehicles for one hour before the sale begins at 9:00am when the prices are posted on the windshield you will be given the first opportunity to purchase the vehicle at the sale price. This innovative approach to selling used vehicles will make it easy and quick for anybody in the market for a good used vehicle to get a great car or truck at a very low price with no hassle.

"Wholesale buyers will be represented to take trade-ins during the sale," Mr. Holst

said. "We also have three business managers who will help buyers arrange low-cost financing. We've got over \$10 Million Dollars in inventory to choose from. Our total inventory will be close to 400 new and used cars and trucks. We want to remind everyone that this is a **one-day sale only**. When our inventory has been reduced, we will remove the sale prices and return to normal operations. Since we are a local business we would like to give back to the community," Mr. Holst said. "We would rather allow local people to buy these overstocked vehicles than wholesale them at an auction." All cars will be reduced every hour and then there will be 6 cars that will be reduced every hour until they get to \$1. These special \$1 sale cars are in a separate section at the front of the dealership. Due to the volume of sales during this event, please no telephone inquiries.





## They went to jail and loved it

Eager visitors lined up Wednesday as the historic Kingston Penitentiary threw open its doors to the public. It was the first tour group allowed inside since the last prisoners were moved out last week. The visitors looked in awe at the jail's workshop area (top photo) and the segregation cells (right), which are little more than cages.

PHOTOS BY FRANK GUNN/THE CANADIAN PRESS



# They're doing just fine, thanks

## Filthy rich ... and getting richer.

Affluent Canadians tell researchers they've bounced back from the 2008 market crash

You've always suspected it — and you're right: The rich ARE getting richer.

The majority of affluent Canadians are better off today than before the 2008 market crash, a new study shows.

A new BMO Harris Private Banking study covered well-off Canadians — those with investable assets of \$1 million or more.

And it found that 54 per cent of them said their financial situation is more solid than before September 2008.

Only 11 per cent said they are worse off and 36 per cent reported that their financial

situation is unchanged.

The picture is slightly better for wealthy Americans — 61 per cent said they are doing better, and only 7 per cent said they are worse off than they were prior to the global economic crisis.

"High-net-worth Canadians clearly feel they have bounced back well from the 2008 downturn and are fairly upbeat about what the future has in store for Canada's economy," said Alex Dousmanis-Curtis, senior

vice-president who heads up BMO Harris.

"However, we're also hearing from many of our clients that they remain somewhat concerned about global market fluctuations and they want to ... insulate their wealth as best as possible against a downturn."

But they're not shy about spending the extra dough, with the study showing them returning to pre-recession spending levels.

They are forking over more than, or the same as, they did prior to September 2008 in key areas — entertainment (89 per cent), travel (86 per cent), club memberships (78 per cent), clothing (75 per cent) and collections and hobbies (72 per cent).

"Increased spending shows confidence in the economy and helps spur economic activity," Dousmanis-Curtis said.

TORSTAR NEWS SERVICE

### Quoted

"We are delighted to see such a high percentage of high net-worth Canadians opening up their wallets."

Alex Dousmanis-Curtis,  
BMO Harris

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Mayor Rob Ford addresses reporters by a gas station in Toronto on Wednesday regarding the arrest of his friend and occasional driver Alessandro Lisi, right, seen leaving court. LEFT: TORSTAR NEWS SERVICE; RIGHT: NATHAN DENETTE/THE CANADIAN PRESS

# Rob Ford stands by friend slapped with drug charges

**Out on bail.** 'Good guy' and occasional driver for T.O. mayor accused of trafficking marijuana

Toronto Mayor Rob Ford said Wednesday he's surprised and shocked that one of his friends has been arrested and charged with four drug offences.

Toronto police say Ales-

sandro Lisi, 35, is one of two men arrested Tuesday after a search warrant was executed.

Lisi is charged with trafficking in marijuana, possession of proceeds of crime, possession of marijuana and conspiracy to commit an indictable offence.

Ford defended his friend in an impromptu news conference at a gas station, saying Lisi is "(on the) straight and narrow" and he's never seen

## Defence

"He's a friend, he's a good guy, and I don't throw my friends under the bus." Toronto Mayor Rob Ford

him drink or do drugs.

Lisi appeared in court at Toronto's Old City Hall on Wednesday and was granted \$5,000 bail. **THE CANADIAN PRESS**

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## Whey Better Protein by: Shannon Kadlovski, BA, CNP

When it comes to choosing a protein powder, not all things are created equal. For athletes, as well as for those simply looking to increase their daily protein intake, it is often recommended to consume a daily protein smoothie. This provides increased energy, muscle repair, appetite control, and nourishment to the body. While it is common to consume protein powders for increased health, not all protein powders contain healthy, nourishing ingredients. In fact, some are actually loaded with added sugar, artificial sweeteners, fillers, GMOs, hormones and antibiotics, as well as other artificial and unhealthy ingredients. So, if your intention is to get healthy or stay healthy, you must make sure that you are choosing the right type of protein powder.

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2. Choose a brand with added enzymes such as protease, lactase and amylase – These enzymes help to make the protein more digestible.
3. Choose one that is cold temperature micro-filtered. This ensures the highest quality and biological value.
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1 cup water or coconut water  
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1/4 tsp. matcha green tea powder or 1/4 tsp. spirulina powder  
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1/2 banana  
1/4 tsp. cinnamon  
handful of kale  
\* Toss all of the ingredients into a blender and blend until smooth and creamy



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MILITARY MUSEUMS

# Heroin, a needle and Champagne: Cory's undoing

**Coroner's final report.** Mixed drug toxicity cited in accidental death of Glee star Monteith in a Vancouver hotel room



EMILY JACKSON  
Metro in Vancouver

A needle and two empty Champagne bottles were found in the Vancouver hotel room where Glee star Cory Monteith was found dead, according to the B.C. Coroners Service final investigation that ruled his death accidental.



Cory Monteith: A night out  
THE CANADIAN PRESS/FILE

Monteith, 31, died of mixed drug toxicity, including intravenous heroin and alcohol, according to coroner Claire Thompson's final report.

The Canadian actor was found dead by hotel staff

when he failed to check out of his room at Vancouver's downtown Fairmont Pacific Rim Hotel around noon on July 13. He checked in on July 6.

Drug paraphernalia including a spoon with drug residue, a hypodermic needle and two empty Champagne bottles and glasses were found at the scene, according to the report.

Monteith had gone out with friends before returning to his room alone at 2:16 a.m., hotel surveillance video showed.

He was not seen alive again.

The final report confirms Monteith's much discussed history of drug use along with his stints in rehab.

## Medical incident

### Police called in Brazeau mystery

Independent Sen. Patrick Brazeau's office is appealing for privacy after an unexplained medical incident at his home.

Spokesperson Debby Simms says Brazeau was not arrested, but someone at his home in Gatineau, Que., had a medical situation.

Police in Gatineau, Que., say they responded to a call for help in the wee hours of Tuesday. They would not confirm Brazeau, 38, was involved, but referred to an address associated with him.

Brazeau was kicked out of the Tory caucus this year after he was charged with assault and sexual assault. **THE CANADIAN PRESS**



Patrick Brazeau: Charged  
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# What to do with a 3D printer? Try to copy yourself

**Technology.** London startup is betting that printed plastic figurines will be a hot keepsake



**KIERON MONKS**  
Metro World News in London, England

My twin is a perfect replica. From the haircut to the creases on his shirt, and the less-than-perfect posture, he is a mirror image. But at 15 centimeters tall, my twin appears to have been zapped by a shrink ray.

The truth is only slightly less like science fiction. The clone has been freshly printed from plastic, using an "experimental technique" by London, England tech startup Levavo.

To create Kieron 2, I stood in a studio surrounded by over 60 cameras that scanned and measured me, using photogrammetry to accurately extract features, before feeding the information to a 3D printer that uses around 400,000 colours.

The business is among the first of its kind, a product of the Polish brothers Marcin and Piotr Piosik. "It started from us



Kieron with Kieron 2: Metro reporter Kieron Monks shows off his 3D-printed mini-me at the Levavo office in London, England. METRO IN LONDON

photographing garden ornaments," says Marcin. "We realized the potential of 3D printing and bought 20 cameras to make a prototype."

Investors were impressed and the brothers began to produce commercially, selling the models for around \$120 each. Customers find surprising uses for the figurines.

"Some use them like photos, keeping their family on a shelf," says Marcin. "Others like to have superhero effects, and one guy would get them to see how his diet was working."

The brothers aim to launch studios across Europe, and stay ahead of the game by constantly improving resolution and the materials for models.

## Market Minute

**DOLLAR**  
96.79¢ (-0.06¢)

**TSX**  
12,839 (-8.44)

**OIL**  
\$104.10 US (+\$2.06)

**GOLD**  
\$1,320.70 US (+\$34.60)

**Natural gas:** \$3.54 US (-7¢)  
**Dow Jones:** 15,133.14 (-58.56)

## Publishing

### Author Tom Clancy, 66, dies

Tom Clancy, whose high-tech, Cold War thrillers such as *The Hunt for Red October* and *Patriot Games* made him the most influential military novelist of his time, has died. He was 66. His publisher estimated that worldwide sales of his novels top 100 million copies. **THE ASSOCIATED PRESS**



Tom Clancy in 1998  
THE ASSOCIATED PRESS FILE

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# LAND OF THE LOUD LORD

My landlord and I have a complex relationship built on a solid foundation of shouting.

Many people have landlords who treat their apartments with benign neglect, quick to respond to every tenant request with a blithe "We can send somebody in about a week," even if the specific message was "FIRE!"

Well, John my landlord is not like that. John is the opposite of that. John is this: a perfectionist and a busybody and 90-something years old.

The kind of landlord who stares at you through the mottled glass of his door as if you can't see his distorted silhouette. The kind who stands on the front porch with a flyswatter (really), lest an insect sully his perfect patio. The kind who has appeared on two separate iterations of Google Street View sitting in his designated spot, probably mulling where to find a flyswatter big enough to chase off the Google Car.

John is hard of hearing, so while he's being nosy, he speaks to you at a volume usually reserved for pro-wrestling inter-



HE SAYS

**John Mazerolle**

metronews.ca

views. GROCERIES, HUH?! WHAT YOU GOT THERE!? YOGURT?!?!  
Have I mentioned my rent is really low?

I'm not a perfectionist, to put it mildly. When the tenant upstairs moved, John had me take some photos of the apartment so he could catalogue the "mess" that had been left behind, such as an onion in the fridge.

"How can anyone live like this?" he asked, as I thought about the rotting vegetables in my fridge, several of which had become radioactive and/or sentient.

That means every time he knocks on my apartment door, my life descends into a Benny Hill panic, Yakety Sax blaring, except the only half-naked person is me. When he arrives for the occasional maintenance visit, I throw my pants off, so I can open the door a crack and let him know I'll be "just a minute." This buys me time to, say, cover the tomato soup stain in the middle of the living room carpet.

Once I was dealing with a fruit-fly infestation with vinegar traps when he unexpectedly knocked. I was forced to im-

provise with the vacuum cleaner, in a massacre I like to imagine the surviving fruit flies still talk about in hushed tones.

Maybe it's my fault that I'm a slob, maybe it's his fault that his idea of a reasonable warning is three knocks and a gentle "HELLO ANYBODY HOME?!?"

Whatever the case, I'm happy. As long as my apartment is clean and affordable, I will put up with levels of eccentricity that greatly exceed the scientifically acceptable safe limit of 12 micro-quirks per square metre.

How do I make it work? I believe the key to a successful tenant-landlord relationship is communication: That is, avoid it at all costs.

When John is friendly, I smile. When he's confrontational, I nod. Then I move on. Compare to the upstairs tenant, who has had at least three shouting matches with him since she moved in a month ago. Calling the police seems to be a running theme, so at least they have some common ground to work from.

If you'd like any further tips on how to deal with your landlord, I'll just need a minute to throw some clothes on and ask you to ignore any strange noises, such as explosions. But feel free to give me a shout. That's what I'm used to.

## ZOOM

### Gaza's tunnel smugglers bored



HATEM MOUSSA/THE ASSOCIATED PRESS

#### No goods transferred amid Egypt turmoil

A Palestinian man works in a tunnel in Rafah, on the border between Egypt and the southern Gaza Strip.

Since the summer, Egypt's military has tried to destroy or seal off most of the smuggling tunnels under the Gaza-Egypt border, a consequence of the heightened tensions between Cairo and the Hamas

government in Gaza. The tunnels once employed thousands of young men in Gaza. By early September, with most tunnels closed, only a few tunnel workers reported to their jobs for maintenance work. Some mask their faces with shirts to avoid identification while working, for fear of repercussions in case they were to travel to Egypt in the future.

THE ASSOCIATED PRESS

#### A solution to a blockade

- The tunnels have served for years as a lifeline for Gaza, home to some 1.7 million Palestinians.
- They became important after Hamas overran the territory in 2007, prompting Israel and Hosni Mubarak to impose a border blockade.

#### Fuel, construction goods

"We have no other alternative but to work in these tunnels. They are the only crossing to bring needed goods to Gaza."

Hussam Rashwan, tunnel worker  
Some workers began digging new tunnels to replace the ones destroyed by the Egyptian security forces.

#### Clickbait



**HANNAH ZITNER**

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Just because you don't live in a city with an international art biennale, world-class gallery or well-known film fest, doesn't mean you have to be left in the cultural dark. These podcasts will keep you tuned into the world of art and culture.

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#### Comments

**RE: O Canada, In All Thy Gender-Neutral Sons Command...? Published Oct. 1**

When you have a mixed group, male and female, the masculine is no longer masculine alone but encompasses the entire group. For example, if you holler, "Hi there, guys," to a group of friends, the girls in the group are included in the greeting because of the rules of language.

English is not the only language that does this. In French, if you have a mixed group of men and women, the pronoun used is 'Ils.' It means

all of them. In Spanish, if you have a mixed group, the pronoun used is 'Ellos,' the plural masculine form which now includes the women, too.

'In all thy sons command' implies sons and daughters. It leaves no one out. I lament that these women, who claim to represent all women (yeah, right) didn't pay more attention to their education. It's important to learn about the world and I would think that language would be a good skill to have.

Get a grip! You make me embarrassed of my own gender.

**Hazel May Lebrun posted to metronews.ca**

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# Eaten, prayed, loved — now what?

**The Signature of All Things.** Author of famous memoir returns to fiction with historical botany-focused tome

After writing one of the most revered books of the last decade, one might assume the pressure would be on Elizabeth Gilbert to somehow top the massive success of her 2006 memoir, *Eat, Pray, Love*. But Gilbert's not having any of that.

"The pressure for me wasn't even, 'How do I beat that?' Because you can't beat that," says the author of the new fiction tome *The Signature of All Things*. "That was a ridiculous tsunami of a phenomenon. There's no way to do it again, and it doesn't have to happen again."

Without those anxieties, Gilbert allowed herself to explore fiction, a genre she had left 13 years earlier. The writer went back to her roots — and explored a whole bunch of literal roots — for her new botany-focused novel, *The Signature of All Things*.

*Signature* follows the story of Alma Whitaker, a gifted plant scientist who wrestles with her beliefs after falling in love with a man whose passions lie in the mystical and divine.

In the story, which takes place in the 19th century, Gilbert takes her characters on a cross-country journey not unlike the one she embarked on for her famous memoir.

**What drew you back into fiction?**

I missed it! It's where my heart is. Let me begin by just saying I

have no regrets whatsoever about having written *Eat, Pray, Love* — obviously it's been a great move in my life. (But) my intention always has been to be a fiction



Elizabeth Gilbert takes on fiction again. GETTY IMAGES

writer.

I was well on that path with my first two books, and then I really kind of needed my writing in my 30s for something else — I needed it to help me sort some things out. And I used my writing exclusively for that purpose for the entirety of my 30s. I got everything sorted out as much as anybody ever can. I just wanted to go back to what I had always loved.

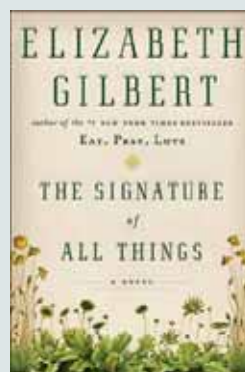
**Was it easy to get back into that groove, or was it harder than you remembered?**

I was so daunted by what I was taking on because I hadn't written

## Character development

**Your characters do a lot of travelling in this book. Did you want their experiences to mirror your own?**

- "It's funny because initially my intention with this book was that Alma would never leave (her estate). I wanted to explore what women with tremendous intellects do in order to discover the world when they aren't allowed to travel ... but I just couldn't leave her there for her whole life!



fiction in 13 years; hadn't written a short story, nothing.

So I had not only lost my confidence that I knew how to

write fiction, I had also lost my confidence that I knew why we write fiction.

I sort of had forgotten,

what do you do this for? And then I had taken on material that I'm not familiar with: I'm not a botanist; I'm not a historian.

**Having gone from laying everything about yourself bare, to keep yourself out of it must have been a different challenge.**

It was. And it was fun. But I don't know how well I kept myself out of it. I think people who know my writing will recognize my themes in there, the same stuff I've always written about: exploration of self versus other, how we define ourselves, who our obligations are to, what happens when we finally leave. All of those questions — mysticism versus rationalism — it's all me.

METRO

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2 SCENE



# Who is Madison Beer? Metro talks to Justin Bieber's 14-year-old protege

## Living a dream.

A single tweet changed this young singer's life

ANDREA  
PARK

Metro World News in New York

Madison Beer's life changed when Justin Bieber tweeted a link to her YouTube video last year. The 14-year-old has been on the fast-track to fame ever since, and Beer has kept herself busy recording music and working with Ralph Lauren in the past year. Beer talked (and giggled) to Metro.

## How did you feel when Justin Bieber tweeted your video?

It was so crazy! I was such a huge fan of him and for him to notice me was incredible.

## How often do you get to see him?

Whenever he's around I get to hang out with him. It's pretty cool that I get to see him.

## What's it like to hang out with



After school, 14-year-old Madison Beer spends late nights in the recording studio. GETTY IMAGES

## idol?

It's awesome. I really look up to Justin a lot and for him to be able to give me advice and help me out and hang out with me and be such a nice person to me is really awesome. I'm really grateful for that.

## What's the best advice he ever gave you?

I think the best advice he gave me is when he said there are going to be haters and

people are going to be mean but you have to keep your head up and believe in yourself and don't let anyone tell you otherwise.

## What's your schedule like between school and recording?

I usually go to school for a couple of hours and I'm in the studio until pretty late at night. I get pretty tired because I'm a really hard worker when it comes to the studio but when it comes to school I'm just like, "ughhhh."

## You just released your new

## music video Melodies. What was it like to film your video?

It was literally the funnest day of my life to record it. When I recorded it in the studio, that helped me get familiar with the words and the melodies and it was incredible to see the outcome. I was so grateful to work with the people — the actors and the people who shot the video and everyone. It was just an awesome fun day and I got to meet so many kids and it was amazing.

## You performed at the Ralph Lauren girls' fashion show —

## what is it like working with the label?

It is really incredible. I love him so much. I've always been a huge fan of all of their pieces, all of their clothes and their look. It was surreal to work with them.

## Do you have any style tips?

Be yourself! I love clothes. Clothes are literally one of my favourite things on the planet and anyone who knows me knows that. I like to change my outfit three times a day and put outfits together and get creative. Rocking an outfit

## Oh, that's what I want to do

"When I saw Justin Bieber's movie. That changed my whole outlook on singing and the music industry."

Madison Beer on knowing when she wanted to be a professional singer

and being confident in what you wear is so important. Be yourself and it'll come naturally.

## Do you have one thing in your closet you really love to wear?

Well, I love to tie things around my waist. I'll tie a flower around my waist or a sweater. I have a pair of Brandy Melville overalls that are so cute and I've been wearing them a lot —

## I have to ask you — what are your thoughts on Miley Cyrus?

I love her. I think that there are definitely some people who are like, "Oh my god, what happened to her? This is horrible." But I think if she's happy doing what she's doing and confident and having fun then I think it's fine. Maybe it's a phase she's going through. She and her fiancé just broke up and that's going to be really tough on her and everyone handles things differently. Maybe she's trying to get attention from him — I don't know. But I look up to her and I'll always be a huge fan.



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# Every day is a brand new play

**Played.** Lead role in CTV's crime drama has actor Dwain Murphy trying out new roles each episode

When Dwain Murphy excitedly talks about his part on the TV show *Played* — CTV's newest drama exploring the fraught lives of undercover cops — it's not hard to see the overlap in his work and his characters, or why he calls it a "perfect acting role."

"The show looks at how their jobs affect people," said Murphy, sitting on the patio of Toronto's Polson Pier in a break from shooting.

"It looks at how switching between all these characters and juggling all those moments of when they're undercover or not undercover ... trickle over to each other, and how you can see that you can lose a family from this job, and see those

moments where you struggle to be a human being at the end of the day because you've seen someone shot to death and then you have to go home. It's all of that."

If it's an actor's goal to play as many different types as possible, then *Played* — billed as the first show in Canadian television to tackle the world of undercover police — is certainly an actor's dream. The characters they take on in undercover situations are even called "plays"; in effect, the show features actors playing actors.

"I mean, who can ask for a better job?" said Murphy, who is cast as magnetic right-hand man Daniel Price. "In the end, I get to play a DJ, I get to be a cop, in this episode I get to be a Brazilian drug lord — and these are all tools you can bring to create these characters that fits in the realm of the episode."

"There's no telling what characters we can play within a given episode — that's the amazing thing, you really get mini movies, not 13 episodes,"

he added.

"As opposed to other cop dramas that you've seen where you play one person, this series, every episode you play who you are," said Adam Butcher, who plays the hard-scrabble tough Jesse Calvert. "So sometimes you play a good guy; sometimes you pretend to be a bad guy. It's a really nice dichotomy of people you get to delve into."

In many ways, *Played* owes a debt to 2008's *Flashpoint* and 2010's *Rookie Blue*, those rarest of homegrown shows whose popularity transcended Canada's borders and became popular in the U.S. Many of the same crew members, as well as producer John Calvert, are *Flashpoint* imports; creator and showrunner Greg Nelson had writing and producing credits on *Rookie Blue*.

"The crew are phenomenal. Insofar of getting things done at the drop of a hat, it's like they all have telepathic minds," said Vincent Walsh, one of the show's stars who plays the reckless brooder Det. John Moreland. "With regards to the creators, they should hopefully get it right if they've done it enough times."

"Flashpoint was huge in the States, and I think this is going to go just as far, if not further, hopefully," added Butcher.

The cast credits CTV, which produced "Flashpoint" and will broadcast "Played," for allowing



Actors Vincent Walsh, right, as Moreland and Dwain Murphy as Daniel in *Played*. CONTRIBUTED

for the kind of high production values audiences are seeking.

"I feel like there's a lot of support, maybe now more than ever, for Canadian television," said Chandra West, who stars as unit chief Rebecca Ellis.

"I love that they are shooting Toronto for Toronto, and it looks amazing, and you're competing at the same level. So there is that support there because there's not a difference — it's not like you're going, 'Oh, I'm watching an American show, and now I'm watching a Canadian show.'"

"You're watching a Canadian show that looks amazing and the quality is totally there,

and at the end of the day that's what people want to watch, regardless of where it originated. ... I think you have to have that to be competitive."

For Murphy, the proof is in the pier, as the summer sun glints off Toronto's shimmering waterfront behind him while crowds of extras mill about.

"The beautiful thing about the Canadian market right now is that they're putting the money into the shows to make them way better," said Murphy, a veteran of Canadian TV after two seasons on "Degrassi: Junior High."

"We've come a long way in this industry over the last few

## Good cop, bad cop

**"Sometimes you play a good guy; sometimes you pretend to be a bad guy."**

Actor Adam Butcher, who plays Jesse Calvert on *Played*.

years of funding shows and believing in our shows, and CTV is an amazing network for that.

"And it does give us a leg up, when you're working on your own soil."

*Played* is set to premiere on CTV tonight at 10 p.m.

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# Superheroes are hot, comics are not

## Medium matters.

People are flocking to films based on comic books, but the source material remains the realm of the nerd

He towers over the land, his muscles rippling and blond mane blowing in a windstorm of his own making. Wielding his trusty magical hammer, he crushes villains as easily as he romances beautiful women.

Thor, epic god of thunder, was inspired by Norse mythology. But his modern, movie-star incarnation was born on the pulpy, hand-drawn pages of 1960s comic books. He will storm into your local multiplex again next month, one of the many superheroes who have escaped the illustrated panels of comic books to dominate not only our movie theatres and TV screens, but much of our pop culture landscape, from toys to clothes.

But while comic book characters are everywhere, comic books themselves remain mostly a niche product.

Take Arkham Gift Shoppe, for instance, a small comic book store on the northern fringe of Pittsburgh. When regulars arrive to pick up their monthly orders, some slip in with all the stealth of Catwoman eluding Batman. These guys carefully hide their comic-buying habit, or the extent of it, from their girlfriends or wives (yes, they have those) because these women "aren't cool with them spending their money on something so juvenile," shop owner Jeff Bigley says.

How is it that the painstakingly inked comic pages where these wildly popular characters were born still don't get the attention and respect that fans



Many women do read comics and attend comic book conventions. THE ASSOCIATED PRESS

say they deserve?

Chris Sims of Sumter, S.C., waits for the befuddled reaction when he tells people that he reads, writes about and creates comic books for a living. The popularity of Marvel's blockbuster films has made it only a little less awkward for him to admit being an avid consumer of comics.

"If you tell somebody you read Captain America now, they know who you're talking about," says Sims, who blogs at websites including ComicsAlliance.com. "The characters' being visible lessens the kind of stigma of reading comics, because people know those characters and have affection for them."

But only to a point. Amanda Osman-Balzell is a married opera singer raising a toddler daughter while attending graduate school. When new friends visit her Tempe, Ariz., home, they raise eyebrows at her stash of comic books.

"They see that we have comic books," she says, "and they look at us like, 'Really? You guys look so normal!'"

She explains that many of today's comic books boast in-

tricate artwork and story lines far more complex and thought-provoking than their big-screen counterparts. But friends roll their eyes when she describes comics as "literature."

Lina Krueger's life is very different from Osman-Balzell's — she's a single woman in her 20s working in Washington, D.C. — but her love of comics garners an identical reaction.

"A lot of guys are like, 'Really?'" Krueger says.

In her spare time, she blogs at GirlsReadComics.com, hoping to fight that attitude.

Is it simply a problem of supply and demand? Many towns lack a brick-and-mortar comic book shop. And who needs to hunt for one when television is suddenly stocked with heroes and their friends?

Green Arrow has stuck around for another season, and that series' producers are considering a spin-off Flash series. Agents of S.H.I.E.L.D. premiered to solid ratings, despite the absence of any actual Avengers on screen. And Deadline.com described Fox's recent acquisition of the new TV

series Gotham, featuring a young, not-yet-commissioner Gordon, as "one of the biggest drama deals this season."

A fictional comic book shop is featured on the popular CBS sitcom The Big Bang Theory. But the lead characters who hang out there are socially stunted, and the running joke is that attractive women never,

## Comic problems in a digital world

A generation ago, only a comic book or cartoon could depict an apocalyptic clash of titans just as easily as it delivered an intimate, whispered moment between two characters. Live-action movies needed a thousand extras and weeks of shooting to do the same.

The science of computer-generated animation, which has rocketed forward even in the years since Robert Downey, Jr., first climbed inside an Iron Man suit, now does the same trick on a vastly larger scale. How can a 10-by-seven-inch booklet of stapled paper compete with a thundering IMAX screen?

There are roadblocks to luring new readers.



Fans flock to San Diego Comic-Con. THE ASSOCIATED PRESS

Many of today's fans began reading comics as kids in the '80s and '90s, says Caleb Williams, founder and editor of SuperHeroMovieNews.com. "I don't see kids reading comics now," he says, partly because no one issues kid-friendly comic books tied to a movie release.

ever set foot in the store.

Another challenge may be that those accustomed to the shock and awe of blockbuster

superhero movies are bored by even the most vividly drawn comic book.

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## Playboy Clooney's model behaviour bags him yet another young beauty

It looks like George Clooney is completely over Stacy Keibler, if his reported sleep-over with Croatian model Monika Jakisic at his L.A. mansion last week is any indication. The pair "spent hours talking and have an incredible connection," a source tells Us Weekly. That connection apparently began at a London nightclub back in May — two months before Clooney officially split with Keibler — where he and Jakisic "danced and held hands," according to the source. "He's been calling and texting her ever since."



George Clooney

## Do not be alarmed, people of the U.K. — it's just Brad Pitt in his tank



Brad Pitt. ALL IMAGES GETTY

Brad Pitt's latest Second World War film, *Fury*, involves him spending a lot of time in a tank, so it's no surprise that residents of the U.K. town where they're filming have been warned about "loud and unexpected noises" and "intermittent controlled gunfire and explosions" during production, according to the Telegraph newspaper. "We wanted to warn people in advance so that they are not alarmed, but also we don't want people ringing the emergency services," a studio spokesperson says.

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word

## Don't Give the role! Swift will ruin one of my favourites

ALEXANDRA M. CAVALLIO

Metro World News in NYC

As most of you probably know by now, Taylor Swift has been cast in a small role in the upcoming film adaptation of Lois Lowry's iconic YA novel *The Giver*. I say iconic because this book, like, defined my fourth grade year. So, when I heard that T.

Swift — she of the never-ending odes to the bad, bad boys who shattered her achy breaky heart and the nonexistent acting chops (you guys saw Valentine's Day, right? Oh, no? Me neither) — was going to make an appearance in a *Giver* movie, I was a little affronted. And by a little affronted I mean I was all, "Say whaaat now?" and SMH dramatically at my laptop. Especially because the rest of the cast is shaping up to be pretty alright — Jeff Bridges as the title carrier of all the world's pain and the inimitable Meryl Streep as the village matriarch responsible for assigning roles to the children when



they come of age. Katie Holmes is apparently slated to play Jonas' mother, which I'm also not too psyched about but hey, she sort of lived the real life version of a woman brainwashed into believing a totally altered and whitewashed way of life was normal, so maybe she'll bring some real authenticity to the role. Swift is apparently going to play Rosemary, the girl who was supposed to become the next *Giver* before Jonas. And that's the only reason I haven't written a strongly worded letter to the casting director yet. I can take consolation in already knowing how she fares (spoiler alert: not well).

### Twitter



@MorganSpurlock

With more than 800,000 government workers now off the clock, why are the jackasses who got us here still getting paid?



@MarlonWayans

The purge! Urlllllllll Get it out. Physical extraction spiritual release blahhhh! Ahhhh!



@josswhedon

I'm not "book smart", and I'm not "street smart", but I'm... I, uh — which was the one with books? I have that.



Michelle Rodriguez

## Rodriguez finally and bluntly reveals sexuality

Michelle Rodriguez has finally decided to put an end to years of speculation about her sexuality. "I don't talk about what I do with my vagina, and they're all intrigued," she recently told Enter-

tainment Weekly. "I've never walked the (red) carpet with anyone, so they wonder, 'What does she do with her vagina?' Plus, I play a butchy girl all the time, so they assume I'm a lesbo. Eh, they're not too far off. I've gone both ways. I do as I please. I am too f—ing curious to sit here and not try when I can. Men are intriguing. So are chicks."

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# Au revoir to the runway

Another season of style has taken us to New York, London, Milan and finally, Paris. We conclude Spring/Summer 2014 fashion month with a look at France's most fabulous and forgettable offerings.

KENYA HUNT  
Metro World News



## Stella McCartney

Stella McCartney took a more relaxed, understated route for spring, working with longer silhouettes in single-tones. There was a very clear no-nonsense quality about the clothes, even with the more decorative skirts that had the peek-a-boo slits across the thighs. These were clothes for the woman who wants to look fashionable, but doesn't want to think about her outfit once she's put it on.

## Chanel

Karl Lagerfeld's sophisticated tweed suits and younger urban dresses, all in saturated colours and painterly graphics, were the polar opposite of last season's work, which was darker and filled with Karl's rocker-edged trademarks. Watching the show, you got the sense that it was about having fun and enjoying the act of dressing up — how can you not in, say, a dress covered in multi-coloured tiers made to look like silk Pantone chips? It's display on an even grander scale than the pedestal treatment a sculpture may get in a gallery. And if you're going to show off, what better thing to wear than Chanel?



## Saint Laurent Paris

Say what you want about Hedi Slimane, but you can't deny that he seems to know what women are in the mood to wear. Critics were on the fence about his last collection, which brought back grunge. Grunge at Saint Laurent? Isn't that blasphemy? The clothes are undeniably cool and sexy, but Isabel Marant already got there first. No matter, this updated take on that French rocker girl je ne sais quoi will be all over Zara and the like come March, if not sooner.

## Chloé

Clare Waight Keller's clothes were refreshingly devoid of any bold graphics and prints, and yet it still had that feel-good quality that has characterized the shows this week. There wasn't a crystal or sequin in sight. Instead, she showed single-colour, easy-to-wear separates and dresses in a range of desert tones that were like a palette cleanser after the gilded, print parade we've seen this week. Best of all, it will give some much needed variety to the shop floors next spring.



## Akris

This collection ran into trouble with the prints, which made the clothes look more like something you'd see in Banana Republic than on a Paris runway. The wrong print can cheapen a well-made piece. Other moments, though, such as an ivory v-neck sundress with sheer grids and a white coat dress with curved, sculptural tiers looked pretty, timeless and flawless — perfect for someone like, say, Princess Charlene of Monaco who sat front row.

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Adler's acrylic obelisk filled with nails. JONATHAN ADLER/  
THE ASSOCIATED PRESS

# Nailheads hit the right note with twinkly glamour and edgy attitude

**Constructing style.**  
Traditional fasteners are having a moment in contemporary decor

If you lived in a comfortable home in 17th century France or 19th century England, your chairs might well have been embellished with nailhead trim. It was a clever, decorative way for craftsmen to secure materials to upholstered furniture.

Another traditional fastener, the rivet, was also commonplace in manufacturing and shipbuilding centuries ago.

Now, both nailheads and rivets are having a moment in contemporary decor. On some pieces, they reinforce traditional elegance. On others, they offer an urban, edgier aesthetic.

"We're seeing nailhead trim — this 400-year-old detail — in lots of new applications,

creating bold looks," says Seattle interior designer Timothy De Clue.

Lisa Ferguson, an interior designer in Toronto, trimmed a pair of armless coral chairs with a decorative, antique-brass nailhead design along the skirt. She says both brass and warm satin detailing evoke classic glamour.

"It almost always gives the perception of a more luxurious piece, while adding texture," Ferguson says.

But be mindful of inexpensive trims if you want a luxe look, she adds.

"Attention to detail and craftsmanship is what differentiates the good from the best. Pay special attention to the scale and spacing of the nail heads in relation to the piece of furniture, and always go for metal individual heads over rows of plastic if it is in your budget," she says.

Ballard Designs has a selection of headboards you can customize in different fabrics

**Jonathan Adler**

**Designer Jonathan Adler is a fan of the nail.**

- His Channing screen, named after Bette Davis' character in the movie *All About Eve*, is a white lacquered room divider studded with polished nickel nail heads.
- He also plays with the motif in an irreverent tabletop confection: a clear acrylic obelisk filled with construction nails.

**Adler's Channing screen, in white lacquer with polished nickel nailheads.**  
JONATHAN ADLER/THE ASSOCIATED PRESS



and finish with brass or silver nailheads.

Homegoods offers slipper chairs in fun colours like peony pink, lime green and rich purple, embellished with silvery trim. The trim also edges a svelte bench — covered in a green, white and black classic pattern — perched on sleek

black legs.

Nailhead trim works well with textured materials; Jayson Home's Bretton shelf unit is covered in burlap and trimmed in brass nails.

Jayson Home also plays off the vintage industrial vibe in today's decor with rivet detailing on distressed-iron and

steel side tables, reminiscent of turn-of-the-century decor or shipboard tables.

Arhaus has a series of interesting chairs that combine recycled leather seats with backs upholstered in woven fabric; the materials meet at a nailhead border.

THE ASSOCIATED PRESS

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# Light up your living room

## Tables and lights.

Part 2 of a series on living room decor will help you find the right accent tables and lighting for your space



**DESIGN CENTRE**  
Karl Lohnes  
home@metronews.ca

In this four-part series, I'm serving up decor tips to get your living room looking fabulous in time for the holidays. In this issue, I tackle tables and lamps.

## Size

- The lower the coffee table (14 to 18 inches high), the more modern it is. A higher coffee table (often referred to as a cocktail table, at 20 to 26 inches high) is a more traditional approach.
- The length of the coffee table should be two-thirds of the seating area on the sofa. Anything larger will be too awkward to move around.
- Two or three matching small tables can replace one large table and offer up flex-

ibility when entertaining in a small space.

- The height of an end table should be within three inches lower or higher than the sofa arm.
- Try to find an end table that is almost as deep as the sofa — this will maximize space and offer more tabletop display surface.

## Style

- Coffee and end tables don't have to match each other.
- If you have a casual household (young children, movie nights and slumber parties) then wood tables or upholstered ottomans (with trays on top) might be a better option for you.
- Glass-topped tables work better where formal entertaining is done.
- If you want to mix and match tables, wood and/or metal tones should be similar to other furnishings or accessories in the room.
- Tables that also offer storage are perfect for smaller spaces.

## Cost

- The price depends on the level of quality you are considering.
- A beat-up storage trunk

## Part 3

Next week: Artwork

found on the side of the road could be the perfect solution for cottage-style decor, whereas a wooden English side table could cost you thousands of dollars.

- Rule of thumb: Your coffee table should cost about 30 per cent of the cost of your sofa.
- An inexpensive end table can look like a million bucks when topped with a fitted marble top.

Every room needs three types of lighting. Here's what you need in your living room:

**Overhead:** Try recessed lighting or pot lighting. These lights are used to brighten dark corners or walkways and illuminate paintings.

**Ambient:** This includes dimmed lights you leave on when you go out at night. A picture light, small candlestick lamps, plug-in night lights and battery-operated candles all help to create ambience in a room at night.

**Task:** Reading lamps are most popular. I like an elbow-angled floor lamp that can be moved when not in use.



Mixing and matching tables helps create an eclectic living room. cb2.com.



An alternative to a coffee table is an ottoman with storage. Jess Storage Ottoman, \$1,250, modern-countryinteriors.com.

Make sure you take the height and style of your sofa into consideration when choosing an end table. Original Cottage end table, \$129, sears.ca.



Discrete elbow-armed floor lamps are perfect for reading and fit with almost any style. Dainolite Chrome Floor Lamp \$200, livinglighting.com.



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# FIRST-TIME HOMEBUYERS

Thursday, October 3, 2013



There are many communities, designs, and builders to choose from, so read advertisements, browse builder websites, visit home shows and model show homes to get a feel for what your dream home is. ISTOCK/THINKSTOCK

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## Informed shoppers are the best shoppers



LESLEY SCORGIE  
For Metro

Maybe you have been dreaming up blueprints for years or simply stumbled upon a community where you would like to build your new home. Whatever the case, put on your savvy shopper hat and get informed.

There are many communities, designs, and builders to choose from, so read advertisements, browse builder websites, visit home shows and model show homes to get a feel for what your dream home is. Make a list of your need-to-have and want-to-have requirements.

Similar to resale homes, location and amenities are key when buying new. Investigate future development plans for roads, schools, shopping centres, green space and more prior to selecting your community.

When buying new, you are purchasing a package of services, not just the physical



Carefully select a builder who is aligned with your goals.  
BRAND X PICTURES/THINKSTOCK

home structure, so you will need to carefully select a builder who is aligned with your goals.

Every builder will have a different philosophy on quality, speed to complete the home, flexibility with the design and the inclusion of certain finishings; some are standard like carpet floor, whereas others, like hardwood, cost extra and need to be included in your budget. Some builders require milestone payments throughout the construction process, in which case you will need your lender to design a mort-

gage structure that accommodates these. All of these items are negotiable.

Warranty and after-sale services are also very important so you aren't left high and dry with a lopsided door or faulty furnace. Before your home is completed, you will join the builder in a walk-through of the home to verify that the work has been done according to plan. If you are satisfied, you will sign a certificate of completion, noting any outstanding work and when it will be completed. This triggers the warranty coverage on your home.



# Saving helps form healthy financial habits



**LESLEY SCORGIE**  
For Metro

Do you think home ownership is right for you? The first step to making your dream a reality is saving for a down payment.

Most lenders require that you put down a minimum of

five per cent of the value of the home, from your own resources or by way of a gift from an immediate relative. If the home you want to purchase costs \$300,000, a five per cent down payment is \$15,000.

Keep in mind that if you want to avoid having to pay for mortgage insurance, offered namely by the Canada Mortgage and Housing Corporation

(CMHC), Genworth, or Canada Guaranty, you will need to come up with a 20 per cent down payment.

Ready for the challenge? Flip open your laptop and create a budget or download a free template from any major bank, CMHC or Google documents.

Budgets are an effective tool to help plan your savings

and control spending. List your monthly income and subtract your expenses to get to your bottom line.

Knowing the amount you want to save for a down payment, determine how much you will need to tuck away each month to achieve your goal. To save \$15,000 in one year will mean squirrelling away \$1,250 per month. If

you get a bonus or gift from a family member, add it to your savings.

The safest interest-earning accounts are high-interest savings accounts, guaranteed investment certificates, and money market mutual funds, all of which you can contribute through automatic bank contributions on payday. Don't invest your down payment in

a high-risk junk bond or you could lose it.

As an alternative, first-time homebuyers can use the federal government's Home Buyers' Plan (HBP) and become homeowners faster.

The act of saving for a down payment helps form healthy financial habits, which you will need once you are a homeowner.



Before you meet with any mortgage lender, get familiar with current rates, terms and conditions. CREATAS/THINKSTOCK

## Mortgages. Select the right financing

There are more than 400 types of mortgage products in Canada and it's important to select financing that suits your needs.

Financial institutions offer mortgage products from their in-house selection. If you are an existing client of the institution, you can negotiate for the best rates because the bank wants to keep your business. So don't be afraid to present a competitive offer to your banker. Because of tough lending standards, however, Canadians with poor credit or low incomes will find it tough to qualify for traditional bank financing.

Mortgage brokers, on the other hand, are independent of any financial institution and work on behalf of you, rather than the lender. Mortgage brokers scour the market for the best mortgage options to suit your specific situation from a multitude of lenders — banks, trusts, private companies, and insurance firms. Because of the close connection with multiple lenders, brokers will negotiate terms and rates suited to your needs and often get nearly instant approvals.

Mortgage brokers are free for you to use as the selected lender pays them.

Private mortgages, offered through mortgage brokers, are different from traditional mortgages in that private companies or private investors finance them. Their motivation to lend you money is an investment opportunity for them to collect interest.

Many private mortgage companies and investors have a higher risk tolerance than financial institutions and are therefore more flexible with lending rules. For buyers with a poor credit history or less stable financial situation, private mortgages are a good option. But because private mortgages tend to be higher risk, interest rates, and possibly closing fees, can be greater than mortgages offered by financial institutions.

Before you meet with any lender, get familiar with current rates, terms and conditions. Check posted rates on any bank's website. Ratehub.ca and ratesupermarket.ca compare the best rates in your area.

**LESLEY SCORGIE**



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# House or condo. Which is right for you?



**LESLEY SCORGIE**  
For Metro

If you love the thought of hosting backyard barbecues and you don't mind cutting the lawn, freehold home ownership will probably work for you.

Freehold ownership is

where you own both the physical land and the home on the land. This means you have full control over the property, subject to any local land-use bylaws, Crown rights or other restrictions communicated to you at the time of purchase. As long as you don't break any laws or violate permitting limitations you can do almost anything to the property, from remodelling, to planting

a garden to building a fence.

Freehold ownership also means the owner is responsible for maintaining the yard, interior and exterior of the property. But if you don't keep up with predetermined neighbourhood permits, codes and standards, local residents can submit their complaints and the city can issue you warnings.

If, on the other hand, the

sight of hedging sheers causes you goosebumps, you may want to consider a condominium.

With condominium ownership, you own the unit you live in and share in the ownership of common space within your building. Each month, unit owners pay fees to maintain and improve the building.

Condominiums are typ-

ically governed by a board of directors comprised of select unit owners, and the day-to-day activities like lawn maintenance and window cleaning are managed by a property manager who is employed by the board.

Because you don't own the building in a condo, you are limited in what can be changed. For example, if you want to install a hot tub on

the balcony of your 21st-floor apartment, you would likely need to seek approval from the condominium board prior to hiring a crane. And condominiums have rules about things like noise and pets.

For many individuals that travel, condominium living is perfect. They simply lock the door to their unit and jet set to their destination knowing their property is secure.



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A reputable realtor can walk you through the negotiation process and help you stick to your walk-away point. ISTOCK/THINKSTOCK

## Negotiations are part of the process

In many cases, your initial offer to purchase is simply a starting point for negotiating. Often, the seller will counteroffer, which means they will ask for aspects of your initial offer to be amended, such as the price, deposit or conditions. Buyers and sellers continue to swap offers and counteroffers until they have reached an agreement or choose to walk away from the deal.

When making an offer, protect yourself and your finances by leaving emotions out of the equation and knowing your limits in terms of affordability and conditions. Clearly defining a "walk-away" point will also help guide the process.

When the negotiations begin, ask for what you want, but be realistic. Don't offer \$100,000 for a property worth \$1 million. Base your offer on facts by reviewing and presenting information on comparable properties from [realtor.ca](http://realtor.ca).

If it's a buyer's market, disclose that you are interested in other properties. If it's a seller's market, put a human

face to the process and write a personal letter to the seller.

Throughout the process you will learn the seller's needs and can negotiate based on those.

A reputable realtor can walk you through the negotiation process and help you stick to your walk-away point.

The interest rate and terms of your mortgage are also up for negotiation. Follow these steps:

- Research current rates and terms by reviewing multiple websites of financial institutions. Also check out [ratehub.ca](http://ratehub.ca) for the best rates across Canada.
- Speak to a mortgage representative or manager, and ask for a better rate. Keep what you researched in mind during your discussion. Most credit grantors will try to work with you to earn or keep your business, especially if you are a good client.
- To strengthen your position, present a competitive offer that your lender could match.
- If the lender doesn't want to play ball, take your business elsewhere. **LESLEY SCORGIE**





# Insurance can protect your biggest investment

Ask any Canadian homeowner to name their biggest investment — their real pride and joy — and they will most likely say it's their home.

It's their sanctuary with the pristine lawn and beautiful garden, the finished basement and renovated kitchen. When such a paradise exists, why would anyone want to risk losing it?

But what if disaster struck and your home was severely damaged by fire or some other catastrophe? Are you certain that your insurance policy would cover the rebuilding of your house and the replacement of all the contents?

Unfortunately, this answer often comes too late. The property insurance experts from Desjardins Insurance have some answers and suggestions to help you.

First, be prepared. The first three days after an emergency are the most critical. So consider creating a 72-hour emergency kit.

Typically, it will include three days' worth of water for each person in your family, imperishable food stuffs, candles, flashlight and batteries, and a first aid kit.

Next, take an inventory of your belongings. Be thorough because it's easy to underestimate the total value of your possessions. Include furniture, jewelry, electronics such as computer equipment, game systems and televisions, along with clothes, shoes, boots, pots, pans, and other personal and household items. Take particular note of expensive items such as antique furniture or other valuables.

Read your policy carefully. It's important to remember that your home insurance will not cover every type of major loss.

The typical home insurance policy will cover a fire loss, as well as damage caused by lightning, windstorms, hailstorms and even tornadoes.

Standard homeowners' policies in Canada exclude flood damage.

However, policies generally cover other types of water damage, for example, from a sewer backup or a burst pipe in your house.

Your policy may be worth more than your home. Many people believe that if their home is burned to the ground, they would automatically receive full market value for their house. This isn't true. The value of a home insurance policy is based on the cost to rebuild the house, not to sell it on the market. The actual replacement cost could end up being either greater or less than the market value.

Replacement costs will include the material (lumber, roofing shingles, siding material, carpet, drywall, etc.), and the labour and architectural services.

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## THE BEST PLACES TO INDULGE IN TAKE-OUT AND TV MARATHONS.

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# Put down that tired boxed mac and cheese

"The whole wheat noodles and sweet potato up the nutritional score of this recipe, but it's as creamy and satisfying as a more traditional mac and cheese," writes Ceri Marsh in *How to Feed a Family*.

"I first made it when I needed to bring a dish to the Christmas potluck at (my daughter) Esme's daycare a couple of years ago. It's great any time you have to feed a big gang."

1. Cook the pasta according to the package instructions.

2. In a large heavy-bottomed saucepan, melt the butter over medium-low heat. Sprinkle the flour over the butter; stir and

allow to cook for a minute or two. Now slowly add the milk, stirring continually to stop the sauce from lumping up. If it's not thickening, nudge the heat up just a bit. Now add the cheeses and stir as they melt.

## CO-OP

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Tote Bag, Imported



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Produce of BC



**POMEGRANATES**  
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Discover more fresh deals in this week's flyer – [calgarycoop.com/flyers](http://calgarycoop.com/flyers)

OCT THU 3 FRI 4 SAT 5 SUN 6

Pricing in effect Thursday, October 3 to Sunday, October 6, 2013. Actual items may vary slightly from illustrations. Some illustrations are serving suggestions only. We reserve the right to limit quantities. GST is extra where applicable.

### Sweet Potato Mac & Cheese



This recipe serves eight. PHOTOGRAPHY COPYRIGHT © 2013 MAYA VISNYEI PHOTOGRAPHY. REPRINTED BY PERMISSION OF APPETITE BY RANDOM HOUSE.

Add the puréed sweet potato and stir well to combine. Taste before seasoning with salt and pepper.

3. In the last 2 minutes of the pasta's cooking time, add the frozen peas. (Who needs to dirty another pot?) Drain the pasta and peas in a sieve. Pour

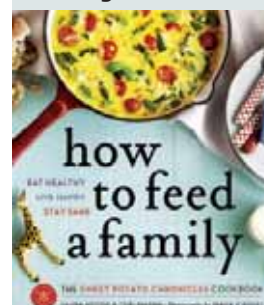
the cooked pasta and peas into the pot with sauce and give everything a good stir. Serve straight from the pot into bowls. **RECIPE FROM HOW TO FEED A FAMILY: THE SWEET POTATO CHRONICLE COOKBOOK BY LAURA KEOGH AND CERIE MARSH. PHOTOGRAPHS BY MAYA VISNYEI. COPYRIGHT © 2013 SWEET POTATO CHRONICLES.**

### Ingredients

- 3 cups (750 ml) whole wheat macaroni
- 4 cup (60 ml) butter
- 2 tbsp (30 ml) all-purpose flour
- 2 cups (500 ml) milk
- 1 cup (250 ml) shredded cheddar cheese
- 5 cup (125 ml) grated Parmesan cheese
- 1 cup (250 ml) canned sweet potato purée
- Salt and pepper
- 1 cup (250 ml) frozen peas

### Cookbook of the Week

Make them come running to the table



Since the success of their site [sweetpotatochronicles.com](http://sweetpotatochronicles.com), a cookbook was a natural next step for working moms Ceri Marsh and Laura Keogh.

As with their site, in *How to Feed a Family* the two offer recipes tailored specifically to families. They are simple, fast, easy-to-follow and use ingredients that are readily available at local grocery stores. Interspersed with the recipes are parenting tips and advice to encourage happy mealtimes for the whole family. **METRO**



Doping

## Armstrong's bronze medal returned to IOC

Lance Armstrong's Olympic medal is back with the IOC. The International Olympic Committee stripped the American rider of the bronze

medal from the 2000 Sydney Games in January after he admitted to doping.

After months of delays, Armstrong handed back the medal two weeks ago to the U.S. Olympic Committee.

The IOC said on Wednesday it has received the medal from the USOC and placed it in storage in Lausanne, Switzerland. **THE ASSOCIATED PRESS**

CFL

## Ticats, Williams reach agreement

The Hamilton Tiger-Cats announced Wednesday that Chris Williams is free to sign with an NFL team, but they'll retain his CFL rights through the 2014 season. **THE CANADIAN PRESS**



Chris Williams and the Ticats had been locked into a season-long dispute. **THE CANADIAN PRESS FILE**

NBA



"It's not a privilege I ever really dreamed about."

Lakers point guard Steve Nash, 39, upon being informed that he's the oldest player in the NBA. Nash is currently training for his 18th NBA season.

# Cobb pitches Rays out of Cleveland and onto Boston

**MLB.** Tampa Bay proving resilient as visitors, taking long road to American League division series

The Tampa Bay Rays' road show rolls on. Next stop: Boston.

Alex Cobb dodged trouble for nearly seven innings and the Rays pitched their way to another must-have win on the road, beating the Cleveland Indians 4-0 Wednesday night in the AL wild-card game.

Cobb, who missed a chunk of the regular season after he was hit in the head by a line drive, quieted a thundering Cleveland crowd and ended the Indians' unexpected season.

"Can't put into words the appreciation I have celebrating on this field," Cobb said. "I knew how close it was to not coming back. Sitting on the couch watching these games, I knew we had a good chance. We have a great team. I was going to do everything I could to get back and be a part of it."

Delmon Young homered

AL wild-card game

4

Rays

0

Indians

in the third inning off rookie Danny Salazar as the Rays, playing in their third city over four days, advanced to face the AL East champion Red Sox in the division series starting Friday.

"I felt like we've done it and been here before," said Desmond Jennings, who hit a two-run double. "The road we took to get here was pretty tough going to New York, Toronto, playing a game in Texas."

Cobb pitched out of massive jams in the fourth and fifth, and allowed two runners to reach in the seventh before turning it over to Tampa Bay's dependable bullpen.

Joel Peralta struck out Nick Swisher on three pitches, ending Cleveland's last real chance.

Fernando Rodney worked a perfect ninth.

**THE ASSOCIATED PRESS**



Rays manager Joe Maddon, left, takes the ball from Alex Cobb after the starting pitcher tossed 6 2/3 shutout innings against the Indians on Wednesday night in Cleveland. **TONY DEJAK/THE ASSOCIATED PRESS**

# DEATH BY MEDICINE.CA

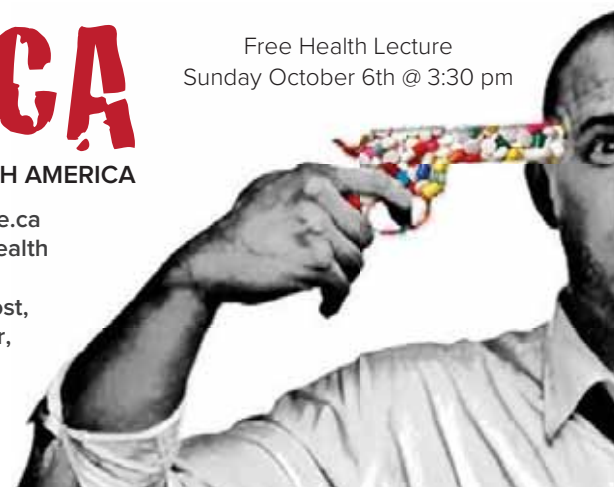
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Free Health Lecture  
Sunday October 6th @ 3:30 pm



4 SPORTS



# 'Sled head' a real concern in skeleton

**Olympic training.** Competitors battling concussion symptoms in high-velocity sport

Two promising women on Canada's skeleton team stopped competing because of head injuries. Melissa Hollingsworth and Sarah Reid hope they're not next.

The 2014 Olympic medal hopefuls say they feel good and their heads are clear, but they're concerned about concussion symptoms returning after their first slides of the season later this week.

"At this point, I feel that could be the one thing that stands in the way of me competing in the Olympics," said Reid, a bronze medalist at this year's world championship.

Canadian head coach Duff Gibson instituted a cap on training runs this season at three per day for all athletes regardless of

## Quoted



to live."

Canadian skeleton competitor Melissa Hollingsworth who says she'll quit skeleton if her concussion symptoms return.

"It's not worth it. I will know ... that's not how I want

their health. Only those who are free of concussion symptoms are allowed to train.

While not scientifically proven, there's anecdotal information suggesting heavy run volume can cause what's known as "sled head," particularly for athletes who have had a concussion and are thus more susceptible to another.

"We've learned some hard lessons trying to be tough," Gibson said. "We've lost some World Cup medalists."

Darla Deschamps-Mont-

gomery, the wife of Olympic champion Jon Montgomery, and 2010 Olympian Amy Gough quit the sport because of concussions in recent years.

Reid, from Calgary, and Hollingsworth, from Eckville, Alta., were both concussed in crashes a few years ago. Both developed headaches last season without major wrecks. Reid withdrew from the final World Cup race, a test of the Olympic track in Sochi, Russia, after her training runs.

"I didn't hit my head, but it was a really bumpy track and I did a lot of runs," she said. "I just started feeling not myself."

Gibson, the 2006 Olympic champion, says he was never diagnosed with a concussion while he competed, but is sensitive to bright light and loud noises after his racing career.

"There's so much we don't know about it," he said. "To use what's become cliché, we're learning more and more that we don't know anything."

THE CANADIAN PRESS

## NFL

### AMERICAN CONFERENCE

EAST	W	L	T	Pct	PF	PA
New England	4	0	0	1.000	89	57
Miami	3	1	0	.750	91	91
N.Y. Jets	2	2	0	.500	68	88
Buffalo	2	2	0	.500	88	93

NORTH	W	L	T	Pct	PF	PA
Baltimore	2	2	0	.500	91	87
Cincinnati	2	2	0	.500	81	81
Cleveland	2	2	0	.500	64	70
Pittsburgh	0	4	0	.000	69	110

SOUTH	W	L	T	Pct	PF	PA
Indianapolis	3	1	0	.750	105	51
Tennessee	3	1	0	.750	98	69
Houston	2	2	0	.500	90	105
Jacksonville	0	4	0	.000	31	129

WEST	W	L	T	Pct	PF	PA
Denver	4	0	0	1.000	179	91
Kansas City	4	0	0	1.000	102	41
San Diego	2	2	0	.500	108	102
Oakland	1	3	0	.250	71	91

### WEEK 5

Thursday's game — All Times Eastern  
Buffalo at Cleveland, 8:25 p.m.

### Sunday's games

Seattle at Indianapolis, 1 p.m.  
Jacksonville at St. Louis, 1 p.m.  
New England at Cincinnati, 1 p.m.  
Kansas City at Tennessee, 1 p.m.

## NHL

### Wednesday's results

Toronto 3 Philadelphia 1  
Detroit 2 Buffalo 1

Anaheim at Colorado

### Tuesday's results

Toronto 4 Montreal 3

Chicago 6 Washington 4

Winnipeg 5 Edmonton 4

### Thursday's games

Calgary at Washington, 7 p.m.  
Tampa Bay at Boston, 7 p.m.  
New Jersey at Pittsburgh, 7 p.m.

### NATIONAL CONFERENCE

EAST	W	L	T	Pct	PF	PA
Dallas	2	2	0	.500	104	85
Philadelphia	1	3	0	.250	99	138
Washington	1	3	0	.250	91	112
N.Y. Giants	0	4	0	.000	61	146

NORTH	W	L	T	Pct	PF	PA
Detroit	3	1	0	.750	122	101
Chicago	3	1	0	.750	127	114
Green Bay	1	2	0	.333	96	88
Minnesota	1	3	0	.250	115	123

SOUTH	W	L	T	Pct	PF	PA
New Orleans	4	0	0	1.000	108	55
Carolina	1	2	0	.333	68	36
Atlanta	1	3	0	.250	94	104
Tampa Bay	0	4	0	.000	44	70

WEST	W	L	T	Pct	PF	PA
Seattle	4	0	0	1.000	109	47
San Francisco	2	2	0	.500	79	95
Arizona	2	2	0	.500	69	89
St. Louis	1	3	0	.250	69	121

Baltimore at Miami, 1 p.m.  
New Orleans at Chicago, 1 p.m.  
Philadelphia at N.Y. Giants, 1 p.m.  
Detroit at Green Bay, 1 p.m.  
Carolina at Arizona, 4:05 p.m.  
Denver at Dallas, 4:25 p.m.  
San Diego at Oakland, 4:25 p.m.  
Houston at San Francisco, 8:30 p.m.

Los Angeles at Minnesota, 8 p.m.

Nashville at St. Louis, 8 p.m.

Florida at Dallas, 8:30 p.m.

NY Rangers at Phoenix, 10 p.m.

Vancouver at San Jose, 10 p.m.

### Friday's games

Calgary at Columbus, 7 p.m.  
Detroit at Carolina, 7 p.m.  
Ottawa at Buffalo, 7 p.m.  
NY Islanders at New Jersey, 7 p.m.  
Los Angeles at Winnipeg, 8 p.m.  
Nashville at Colorado, 9 p.m.

## CFL

### WEEK 15

#### EAST DIVISION

	GP	W	L	T	PF	PA	Pts
x-Toronto	13	9	4	0	388	337	18
Hamilton	13	6	7	0	327	364	12
Montreal	13	5	8	0	302	361	10
Winnipeg	13	2	11	0	268	421	4

#### WEST DIVISION

	GP	W	L	T	PF	PA	Pts
x-Calgary	13	10	3	0	408	312	20
x-B.C.	13	9	4	0	378	319	18
Saskatchewan	13	8	5	0	388	299	16
Edmonton	13	3	10	0	316	362	6

#### x-clinched playoff berth

Friday's games — All Times Eastern

Hamilton at Toronto, 7 p.m.

Saskatchewan at B.C., 10 p.m.

#### Saturday's games

Montreal at Edmonton, 3:30 p.m.

Winnipeg at Calgary, 6:30 p.m.

## MLB

### WILD CARD

#### Wednesday's result

AL: Tampa Bay 4 Cleveland 0

#### Tuesday's result

NL: Pittsburgh 6 Cincinnati 2

### AL DIVISION SERIES

(Best-of-5)

#### OAKLAND VS. DETROIT

##### Friday's game

Detroit at Oakland, 9:37 p.m.

#### BOSTON VS. CLEVELAND-

##### TAMPA BAY WINNER

##### Friday's game

Tampa Bay winner at Boston, 3:07 p.m.

### NL DIVISION SERIES

(Best-of-5)

#### ATLANTA VS. LOS ANGELES

Thursday's game — All Times Eastern

Los Angeles at Atlanta, 8:37 p.m.

#### ST. LOUIS VS. PITTSBURGH

Thursday's game — All Times Eastern

Pittsburgh at St. Louis, 5:07 p.m.



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## Horoscopes

### Aries

March 21 - April 20

If a friend or colleague insists on what you think is a silly course of action, don't argue about it. Your best strategy is to agree with every word they say. Come tomorrow, they will have forgotten about it.

### Taurus

April 21 - May 21

Most times you manage to get your way but today others are determined to deny you what you want. There will be a few cross words before the sun sets. Most will come from you.

### Gemini

May 22 - June 21

You feel left out. Everyone but you seems to have something important to do. Why not turn it to your advantage? If others are too busy to watch you then you're free to do as you please.

### Cancer

June 22 - July 23

Is a certain relationship worth the effort? That is the question you will be asking yourself today but you must not come to any hard conclusions just yet. Come tomorrow, it won't look as bad as it does now.

### Leo

July 24 - Aug. 23

You may be eager to spend money, if only to cheer yourself up, but your extravagance could backfire on you later in the month when various bills have to be paid and you don't have the cash. Be prudent.

### Virgo

Aug. 24 - Sept. 23

Try to view a negative situation in a positive way. Most of the "problems" you encounter are not really problems, just everyday events that you have allowed to balloon in size.

### Libra

Sept. 24 - Oct. 23

You won't be in the most trusting of moods today. You seem to believe that even your allies are plotting against you. It's all nonsense, of course, and by the end of the week you'll be the best of friends again.

### Scorpio

Oct. 24 - Nov. 22

Today's difficult cosmic picture may incline you to gloom and doom but don't let downbeat thoughts take over your mind. Make a list of all the things you have to be thankful for.

### Sagittarius

Nov. 23 - Dec. 21

Don't take it to heart if certain people pour scorn on your ideas. It doesn't mean they don't think you are capable of reaching your goals. On the contrary, they know you are and that's what worries them.

### Capricorn

Dec. 22 - Jan. 20

Today's Sun-Uranus link may tempt you to scrap everything and start again from scratch but is that smart? Think of all the remarkable things you have done over the years. Don't waste all that good experience.

### Aquarius

Jan. 21 - Feb. 19

You would love to escape your everyday environment. So why don't you? Pack an overnight bag and head off into the wild blue yonder. Short-term escapism isn't bad.

### Pisces

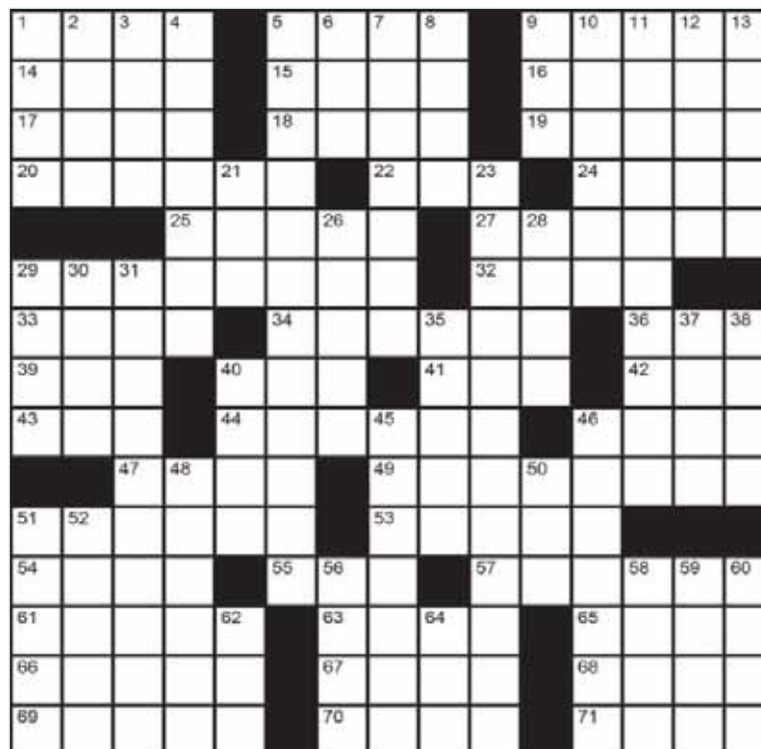
Feb. 20 - March 20

The Sun at odds with Uranus, planet of the unexpected, could bring a nasty financial surprise, but don't panic. Cash flow may be slow but it's not the end of the world. **SALLY BROMPTON**

## Crossword: Canada Across and Down

### Across

- Puffy lil' props
- Networks
- "Pretty Bad Boy" is by which Canadian band?
- Canadian country songstress Ms. Yates
- Mine passage
- Intro-to-French verb
- Lang. of Rome
- "Hard Core \_\_\_\_" (1996)
- Wait on
- Canadian football trophy, \_\_\_\_ Cup
- Chapeau: English
- Canadian rebel Louis
- \_\_\_\_ finalis (Purpose, in Latin)
- Devices for detecting
- City in Quebec
- Aware of, as a surprise: 2 wds.
- Its capital is Muscat
- Soap brand
- o Meridian letters
- Driveway covering
- Scribble something swiftly
- Not he
- Particular loaf
- UK record label
- Ironed pants lines
- Director Mr. Reiner
- Margarine
- Treason
- Harmless, health-wise
- Skincare formula



- Souls: French
- Nevertheless
- Drummer on "The Muppets"
- Coffee serving
- Deeply absorbed
- Volcanic rock
- Traditional toys
- Prie-\_\_ (Prayer

- bench)
- "The \_\_\_\_ in Winter" (1968)
- Rosebud, and others
- Adam & The \_\_\_\_
- Prince Charles' sister

### Down

- 154 in ancient Rome
- Wee bit
- Mommy's mom, mini-ly
- California's techie region, \_\_\_\_ Valley
- Arctic animal group-

- ing sight: 2 wds.
- Tokyo, once
- '80s rocker's coiffure look: 2 wds.
- Ancient portico of Greece
- Car's fill up
- Exceed
- Oscar Wilde novel,

- The Picture of \_\_\_\_
- Scuba-using person
- Mr. Hersher's of baseball
- H<sub>2</sub>O, in Hull
- Seven-time WWE women's champ from Richmond Hill, Ontario: 2 wds.
- Slide on ice
- L' \_\_\_\_ aux Meadows
- Memorization method
- Islamic leader
- Puppet-on-strings
- Founded in 1946, \_\_\_\_ Lauder
- "\_\_\_\_ Breckinridge" (1970)
- Recount
- PC image file format
- Fast from
- Prince Charles' wife
- Put for sale, as a house
- Flee
- Resists
- Internet letter
- Earth goddess in Richard Wagner's opera Das Rheingold
- City's central street
- Makeup company
- "Penny \_\_\_\_" by The Beatles
- Feminine suffix
- Monogram of our 15th Prime Minister

## Yesterday's Crossword

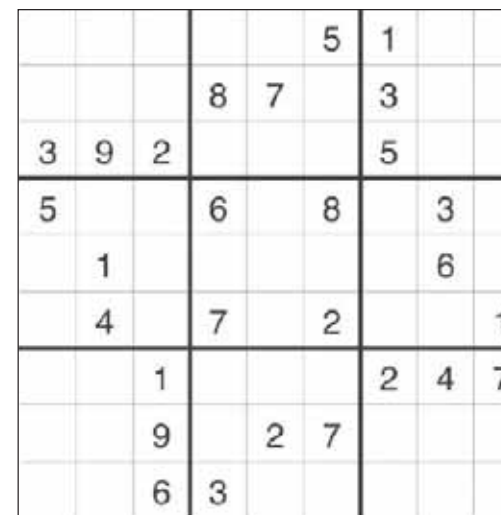


## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku



## Weather

### TODAY



MAX: 6°  
MIN: 1°

### FRIDAY



MAX: 12°  
MIN: -1°

### SATURDAY



MAX: 18°  
MIN: 6°



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